

# Group Exercise Schedule

# February 2020

# Colorado Springs

| Monday   |    |                          |     |               |
|----------|----|--------------------------|-----|---------------|
| 05:15a   |    | Group Cycle              | C   | Christopher   |
| 05:30a   | 30 | LES MILLS GRIT® STRENGTH | B   | Tiffany       |
| 05:30a   |    | BODYSTEP®                | A   | Janice        |
| 07:30a   |    | Aqua Athletics           | TP  | Janice        |
| 08:45a   | 45 | RPM®                     | C   | Kristin       |
| 08:45a   |    | BODYFLOW®                | E   | Janice        |
| 08:45a   |    | BODYPUMP®                | A   | Jessica       |
| 09:00a   |    | Aqua Athletics           | ILP | Kristi S.     |
| 09:00a   |    | BODYPUMP®                | B   | Lisa K.       |
| 09:45a   |    | BODYSTEP®                | A   | Liz           |
| 09:45a   |    | Group Cycle              | C   | Marchelle     |
| 09:45a   |    | Yin Yoga                 | E   | Marlena       |
| 10:15a   | 30 | BORN TO MOVE® 4-5        | B   | Dana          |
| 10:45a   | 45 | LES MILLS TONE™          | A   | Eve           |
| 11:00a   |    | Barre                    | E   | Hillary       |
| 11:30a   | 30 | CXWORX®                  | A   | Eve           |
| 12:00p   |    | Aqua Pilates             | TP  | Sunny         |
| 12:15p   | 45 | RPM®                     | C   | Eve           |
| 12:15p   | 45 | Zumba Gold®              | A   | Mary          |
| 01:15p   | 45 | Mat Pilates              | E   | Lucy          |
| 04:30p   |    | BODYCOMBAT®              | A   | Mary          |
| 04:30p   |    | BODYFLOW®                | E   | Jodi          |
| 04:45p   | 30 | LES MILLS SPRINT™        | C   | Carrie        |
| 04:45p   |    | BODYPUMP®                | B   | Heather       |
| 05:30p   | 30 | BODYPUMP® 30             | A   | Carrie        |
| 05:30p   |    | Yin Yoga                 | E   | Diana         |
| 05:45p   |    | Group Cycle              | C   | Stacey        |
| 06:00p   | 30 | CXWORX®                  | B   | Dustin        |
| 06:00p   | 45 | LES MILLS TONE™          | A   | Rachael       |
| 06:15p   |    | Aqua Athletics           | TP  | Heather       |
| 06:30p   | 30 | BODYSTEP® 30             | B   | Dustin        |
| 06:30p   |    | Vinyasa Flow             | E   | Meleah        |
| 06:45p   | 30 | LES MILLS BARRE™         | A   | Ciera, Karrie |
| 07:00p   | 30 | BODYJAM® 30              | B   | Alisa         |
| Thursday |    |                          |     |               |
| 05:15a   | 30 | LES MILLS SPRINT™        | C   | Brian         |
| 05:30a   | 30 | LES MILLS GRIT® CARDIO   | B   | Tiffany       |
| 05:30a   |    | BODYPUMP®                | A   | Dustin        |
| 08:30a   |    | Power Yoga               | E   | Marchelle     |
| 08:45a   | 45 | BODYATTACK® 45           | B   | Elyn          |
| 08:45a   |    | BODYSTEP®                | A   | Lisa K.       |
| 09:00a   | 45 | RPM®                     | C   | Kristi L.     |
| 09:00a   |    | Aqua Athletics           | ILP | Hillary       |
| 09:30a   |    | BODYPUMP®                | B   | Kristin       |
| 09:45a   | 45 | LES MILLS BARRE™ 45      | E   | Lisa K.       |
| 09:45a   |    | BODYPUMP®                | A   | Elyn          |
| 10:45a   | 30 | LES MILLS SPRINT™        | C   | Kristin       |
| 10:45a   |    | Zumba Toning®            | A   | Stephanie     |
| 10:45a   | 60 | Yin Yoga                 | E   | Meleah        |
| 12:00p   | 30 | BODYPUMP® 30             | B   | Mary          |
| 12:00p   | 45 | Zumba Gold®              | A   | Stephanie     |
| 12:00p   |    | Vinyasa Flow             | E   | Dana          |
| 12:30p   | 30 | CXWORX®                  | B   | Mary          |
| 01:00p   |    | Restorative Yoga         | E   | Diana         |
| 04:30p   |    | Yoga Sculpt              | E   | Lisa P.       |
| 04:45p   | 40 | LES MILLS TONE™          | A   | Iantha        |
| 04:45p   | 45 | BODYSTEP®                | B   | Mary          |
| 05:30p   | 30 | LES MILLS BARRE™         | E   | Hillary       |
| 05:30p   |    | BODYCOMBAT®              | A   | Julie         |
| 05:30p   |    | BODYPUMP®                | B   | Jennifer      |
| 05:45p   | 30 | LES MILLS SPRINT™        | C   | Iantha        |
| 06:00p   |    | Vinyasa Flow             | E   | Lisa P.       |
| 06:15p   |    | Aqua Athletics           | TP  | Hillary       |
| 06:30p   |    | BODYJAM®                 | B   | Rachael       |
| 06:30p   |    | BODYPUMP®                | A   | Alisa         |

| Tuesday |    |                         |     |                    |
|---------|----|-------------------------|-----|--------------------|
| 05:15a  | 45 | RPM®                    | C   | Brian              |
| 05:30a  |    | BODYPUMP®               | A   | Julie              |
| 08:30a  |    | BODYSTEP®               | B   | Kayla              |
| 08:30a  |    | Power Yoga              | E   | Heather            |
| 08:45a  |    | BODYATTACK®             | A   | Jessica            |
| 09:00a  | 45 | Group Cycle             | C   | Hillary            |
| 09:00a  |    | Aqua Zumba®             | ILP | Lisa K., Stephanie |
| 09:30a  |    | BODYPUMP®               | B   | Kristi L.          |
| 09:45a  |    | BODYPUMP®               | A   | Jodi               |
| 09:45a  |    | Mat Pilates             | E   | Lucy               |
| 10:00a  | 30 | LES MILLS SPRINT™       | C   | Heather            |
| 10:45a  | 30 | CXWORX®                 | B   | Marchelle          |
| 10:45a  |    | Vinyasa Flow            | E   | Sara Jean          |
| 10:45a  |    | Zumba Toning®           | A   | Stephanie          |
| 12:00p  | 45 | LES MILLS TONE™         | B   | Stephanie          |
| 12:00p  |    | BODYPUMP®               | A   | Kristin            |
| 12:00p  |    | Restorative Yoga        | E   | Diana              |
| 01:00p  |    | BODYCOMBAT®             | A   | Kristin            |
| 04:30p  |    | BODYPUMP®               | B   | Tiffany            |
| 04:30p  |    | BODYSTEP®               | A   | Eve                |
| 04:30p  |    | POP Pilates             | E   | Hillary            |
| 05:30p  | 30 | BORN TO MOVE® 8-12      | A   | Karrie             |
| 05:30p  |    | Barre                   | B   | Iantha             |
| 05:30p  |    | BODYFLOW®               | E   | Tyler              |
| 05:45p  |    | Group Cycle             | C   | Christopher        |
| 06:00p  | 30 | LES MILLS GRIT® CARDIO  | A   | Rachael            |
| 06:15p  |    | Aqua Athletics          | TP  | Janice             |
| 06:30p  |    | BODYPUMP®               | A   | Rachael            |
| 06:30p  |    | Yin Yoga                | E   | Rachel             |
| 07:30p  | 60 | Zumba®                  | A   | Rachel             |
| Friday  |    |                         |     |                    |
| 05:15a  | 45 | RPM®                    | C   | Jessica            |
| 05:30a  | 30 | BODYATTACK® 30          | B   | Iantha             |
| 05:30a  |    | BODYCOMBAT®             | A   | Dustin             |
| 05:30a  |    | Vinyasa Flow            | E   | Katie              |
| 06:00a  | 30 | CXWORX®                 | B   | Iantha             |
| 07:45a  |    | BODYPUMP®               | A   | Heather            |
| 08:30a  | 30 | BODYPUMP® 30            | B   | Elyn               |
| 08:45a  |    | BODYCOMBAT®             | A   | Kristin            |
| 08:45a  |    | Yoga Sculpt             | E   | Heather            |
| 09:00a  | 45 | Aqua Zumba®             | ILP | Rachel             |
| 09:00a  |    | BODYATTACK®             | B   | Jodi               |
| 09:00a  | 60 | RPM®                    | C   | Carrie             |
| 09:45a  |    | Strength & Conditioning | A   | Elyn               |
| 10:00a  | 30 | LES MILLS SPRINT™       | C   | Marchelle          |
| 10:00a  | 45 | LES MILLS TONE™         | B   | Tiffany            |
| 10:00a  |    | BODYFLOW®               | E   | Rachel             |
| 10:45a  |    | BODYPUMP®               | A   | Carrie             |
| 11:00a  | 30 | BORN TO MOVE® 2-3       | E   | Rachel             |
| 12:00p  | 45 | Low-Impact Workout      | A   | Lucy               |
| 12:00p  |    | Gentle Aqua             | TP  | Sunny              |
| 12:00p  |    | Gentle Yoga             | E   | Rachel             |
| 04:30p  | 45 | Family Yoga             | B   | Diana              |
| 04:45p  |    | BODYSTEP®               | A   | Janice             |
| 04:45p  |    | Mat Pilates             | E   | Sunny              |
| 05:45p  | 45 | RPM®                    | C   | Brian              |
| 05:45p  |    | BODYFLOW®               | E   | Janice             |
| 05:45p  | 60 | BODYPUMP®               | A   | Britnye            |

| Wednesday |    |                            |           |               |
|-----------|----|----------------------------|-----------|---------------|
| 05:15a    |    | Group Cycle                | C         | Tiffany       |
| 05:30a    | 30 | Strength & Conditioning 30 | A         | Iantha        |
| 06:00a    | 30 | CXWORX®                    | A         | Dustin        |
| 07:30a    |    | Aqua Athletics             | TP        | Heather       |
| 07:45a    |    | BODYPUMP®                  | A         | Mary          |
| 08:30a    | 30 | Barre 30                   | B         | Lucy          |
| 08:45a    |    | Advanced Yoga              | E         | Sara Jean     |
| 08:45a    |    | Strength & Conditioning    | A         | Heather       |
| 09:00a    | 30 | CXWORX®                    | B         | Mary          |
| 09:00a    |    | Gentle Aqua                | TP        | Rachel        |
| 09:45a    |    | BODYCOMBAT®                | A         | Liz           |
| 09:45a    |    | BODYFLOW®                  | E         | Rachael       |
| 09:45a    |    | Group Cycle                | C         | Mark          |
| 09:45a    |    | Zumba®                     | B         | Sunny         |
| 10:45a    |    | BODYSTEP®                  | A         | Janice        |
| 11:00a    | 30 | BORN TO MOVE® 2-3          | E         | Hillary       |
| 12:00p    | 45 | Low-Impact Workout         | B         | Janice        |
| 12:00p    |    | Aqua Barre                 | TP        | Meleah        |
| 12:00p    |    | BODYPUMP®                  | A         | Jodi          |
| 12:00p    |    | Gentle Yoga                | E         | Marchelle     |
| 12:15p    | 45 | RPM®                       | C         | Kristin       |
| 01:15p    | 45 | Mat Pilates                | E         | Lucy          |
| 04:30p    |    | Vinyasa Flow               | E         | Katie         |
| 04:45p    | 45 | BODYATTACK® 45             | B         | Iantha        |
| 04:45p    | 45 | BODYPUMP® 45               | A         | Kristi S.     |
| 05:30p    | 30 | LES MILLS GRIT® ATHLETIC   | A         | Hillary       |
| 05:30p    | 30 | LES MILLS SPRINT™          | C         | Brian         |
| 05:30p    |    | Barre                      | E         | Sunny         |
| 05:45p    | 45 | BODYSTEP®                  | B         | Alisa         |
| 06:00p    | 30 | CXWORX®                    | A         | Julie         |
| 06:15p    | 45 | Aqua Pilates               | TP        | Iantha        |
| 06:15p    |    | Group Cycle                | C         | Mark          |
| 06:30p    |    | BODYCOMBAT®                | A         | Dustin        |
| 06:30p    | 60 | Gentle Yoga                | E         | Lisa P.       |
| Saturday  |    |                            |           |               |
| 07:15a    |    | BODYPUMP®                  | A         | Dustin        |
| 08:00a    |    | Aqua Pilates               | TP        | Ciera, Rachel |
| 08:15a    |    | BODYSTEP®                  | A         | Tyler         |
| 08:15a    |    | Gentle Yoga                | E         | Meleah        |
| 08:15a    |    | Group Cycle                | C         | Stacey        |
| 08:15a    |    | Zumba®                     | B         | Stephanie     |
| 09:15a    | 30 | LES MILLS SPRINT™          | C         | Kristin       |
| 09:15a    |    | Low-Impact Workout         | B         | Janice        |
| 09:15a    |    | Yoga Sculpt                | E         | Marlena       |
| 09:15a    | 60 | BODYPUMP®                  | A         | Dana          |
| 10:15a    | 45 | BODYPUMP®                  | B         | Alisa         |
| 10:15a    |    | BODYCOMBAT®                | A         | Liz           |
| 10:15a    |    | LES MILLS BARRE™ 45        | E         | Ciera, Karrie |
| 10:30a    | 45 | Family Cycle               | C         | Jennifer      |
| 11:00a    | 30 | CXWORX®                    | B         | Alisa         |
| 11:15a    | 30 | Begin to Cycle             | C         | Jennifer      |
| 11:30a    | 45 | Family Yoga                | B         | Sunny         |
| 11:30a    |    | BODYFLOW®                  | E         | Rachel        |
| 12:00p    |    | BODYPUMP®                  | A         | Hillary       |
| 05:00p    |    | Vinyasa Flow               | E         | Katie         |
| Sunday    |    |                            |           |               |
| 08:30a    | 30 | LES MILLS SPRINT™          | C         | Jessica       |
| 08:30a    |    | Strength & Conditioning    | A         | Iantha        |
| 09:15a    | 45 | RPM®                       | C         | Jessica       |
| 09:30a    | 30 | CXWORX®                    | A         | Iantha        |
| 09:30a    |    | BODYPUMP®                  | B         | Barbara       |
| 10:15a    |    | BODYSTEP®                  | A         | Liz           |
| 10:30a    | 45 | BODYJAM® 45                | B         | Julie         |
| 10:30a    |    | Group Cycle                | C         | Brian         |
| 10:30a    |    | Yin Yoga                   | E         | Katie         |
| 11:15a    | 30 | BORN TO MOVE® 4-5          | VillaKids | Lisa P.       |
| 11:15a    | 45 | LES MILLS TONE™            | A         | Kayla         |
| 12:00p    |    | BODYPUMP®                  | A         | Julie         |
| 12:00p    |    | Vinyasa Flow               | E         | Lisa P.       |
| 01:00p    |    | BODYCOMBAT®                | A         | Julie         |
| 01:15p    |    | POP Pilates                | E         | Ciera         |
| 03:15p    |    | Power Yoga                 | E         | Meleah        |

|                   |                              |              |              |                       |
|-------------------|------------------------------|--------------|--------------|-----------------------|
| A = Studio A      | B = Studio B                 | C = Studio C | E = Studio E | ILP = Indoor Lap Pool |
| TP = Therapy Pool | VillaKids = VillaKids Studio |              |              |                       |

- Group Exercise classes are included in your membership.
- Classes and sessions are 55 minutes unless otherwise noted.
- For courtesy and safety reasons, please be prompt for class.



- Open Studio: Studios A, B, C and E available for member use when class is not in session.

# GROUP EXERCISE CLASSES

Availability varies by location. Classes are 55 minutes unless otherwise noted.  
Some classes are offered in varying durations (check your local schedule for details).

## Advanced Yoga

Inversion, twisting, and balance poses to improve strength, flexibility, range of motion, and balance.

## Aqua Athletics

A fun low-impact workout in the water to improve strength, range of motion, and cardio fitness.

## Aqua Barre

Classic ballet moves in the water with a focus on alignment, core strength, and coordination.

## Aqua Pilates

Pilates in the water with props to build core strength and aid in proper body alignment.

## Aqua Zumba®

A blend of Zumba® and aqua fitness exercises in a safe and challenging water-based workout.

## Athletic Conditioning

Full-body intervals, circuits, and functional movements to improve cardiovascular endurance, strength, flexibility, power, speed, coordination, and agility.

## Baby Yoga

*(ages 6 weeks to crawling)*  
Bond with your baby through unique poses designed to enhance development.

## Barre

Not just for dancers! Full-body toning with a focus on movement, alignment, core strength, coordination, muscle building/lengthening, and balance.

## Basic Conditioning 8+

Enjoy a different circuit-style workout each week to increase your athletic skill and fitness. For all fitness levels.

## Begin to Cycle

Learn proper bike setup and terminology and enjoy a great cardio workout.

## BollyX

Bollywood-inspired dance fitness with dynamic choreography and intense workouts to upbeat international music.

## Bombay Jam

A cardio workout with basic, easy-to-follow dance moves to Bollywood and Top 40 tracks.

## Cardio Step & Sculpt

A challenging step class with choreography. You control the intensity.

## Cycle & Sculpt

Cycle and sculpt with us! Cardio, intervals, and strength and core training combine in this total-body workout.

## Exercise for Tots

*(crawling to 24 months)*  
Channel your tot's energy with standing, walking, sitting, and jumping activities.

## Exercise for Tykes

A class for you and your toddler to improve motor skills and attention span with songs, stories, and games.

## Family Barre 8+

A family class that will improve strength and flexibility with simple ballet, Pilates, and yoga moves.

## Family Cycle

For all levels, including KIDS who can reach the pedals! Learn safety, setup, and proper cycle etiquette.

## Family Yoga

Stretch and strengthen mind and body with your family in a light and inviting atmosphere.

## Gentle Aqua

Stretching, toning, walking, and light aerobics in the water to decrease your chance of injury.

## Gentle Yoga

Achieve focus and balance, and center yourself with non-strenuous and calming poses.

## GROOV3

DANCE, SWEAT & LIVE far beyond your workout in this dance party that doesn't feel like exercise!

## Group Cycle

An unpredictable, challenging ride focused on cadence, heart-rate zones, drills, climbs, and sprints.

## Hip-Hop Fusion

A super fun dance class with easy-to-follow choreography for all fitness levels.

## LES MILLS BARRE™

Bodyweight exercises and light weights to strengthen, sculpt, and tone your body. Dance experience not required. Ballet shoes or socks recommended but not required.

## LES MILLS BODYATTACK™

Build strength and stamina in this high-energy interval training class that combines athletic aerobic movements with strength and stabilization exercises.

## LES MILLS BODYCOMBAT™

Non-contact martial arts with karate, taekwondo, boxing, Muay Thai, capoeira, and kung fu moves.

## LES MILLS BODYFLOW™

Let the music center and calm you in this yoga, tai chi, and Pilates workout.

## LES MILLS BODYJAM™

Burn calories and get fit in this addictive fusion of the latest dance styles and hottest new sounds.

## LES MILLS BODYPUMP™

Full-body resistance training with barbells. The Rep Effect uses light weights and high repetition to improve strength and increase lean muscle.

## LES MILLS BODYSTEP™

Shape and tone your body in this energizing step workout using simple movements with muscle conditioning tracks.

## LES MILLS BORN TO MOVE™

*Ages 2-3, 4-5, 6-7, 8-12*  
Classes designed to inspire young people to fall in love with physical activity.

## LES MILLS CXWORX™

Improve functional fitness of your abs, mid-section, and glutes in this short, sharp core workout.

## LES MILLS GRIT™

*Athletic, Cardio, Strength*  
High-intensity interval training.

## LES MILLS RPM™

Indoor cycling to music as you take on hills, flats, mountain peaks, time trials, and interval training.

## LES MILLS SH'BAM™

A fun, insanely addictive dance workout with an ego-free zone – dance experience not required!

## LES MILLS SPRINT™ (30 mins.)

Achieve results fast in this HIIT cycle class with bursts of intensity followed by periods of rest.

## LES MILLS THE TRIP™ (40 mins.)

Immerse yourself in this multi-peak cycling journey through digitally-created worlds.

## LES MILLS THE TRIP™ – TEEN

*(40 mins.)*  
Immerse yourself in this multi-peak cycling journey through different gaming worlds. *You must be able to fully rotate the pedals in a seated position.*

## LES MILLS TONE™

The optimal mix of strength, cardio, and core training to burn calories and improve fitness, strength, energy, flexibility, balance, and agility.

## Low-Impact Workout

Cardio, strength, balance, and coordination for the beginner athlete in YOU!

## Mat Pilates

Joseph Pilates mind/body exercises to improve body awareness, posture, strength, flexibility, and agility.

## PiYo

Pilates, yoga, strength conditioning, flexibility, and dynamic balance in an uptempo approach to mind/body exercise.

## POP Pilates

A total-body, equipment-free workout that combines Pilates with choreography and music to sculpt a solid core and lean dancer body.

## POUND®

*Adults (13+) | Kids (5-12) | Family (5+)*  
A full-body workout with Ripstix®, lightly weighted drumsticks, that transforms drumming into a fun and effective way of working out.

## Power Yoga

Energetic and dynamic vinyasa flows to build internal heat and improve stamina, strength, and flexibility.

## Restorative Yoga

Slow-paced and prop-supported poses to relax you and relieve chronic stress, weakness, and fatigue.

## Run Club

Meet us at the Fitness Advice Center for a pre-planned, staff-led group run for all fitness levels.

## Stretch & Balance

Gentle stretches for flexibility and range of motion and balance exercises for body awareness, coordination, and strength.

## STRONG®

High-intensity tempo training with bodyweight, muscle conditioning, cardio, and plyometric moves for a total-body workout.

## Tai Chi

Slow, focused movements and deep breathing to improve balance, agility, strength, and coordination.

## Tween Cycle

Make new friends as you ride to the rhythm of your favorite songs and play games on the bike!

## U-Jam

Sweat and tone with easy-to-learn dance steps choreographed to high-energy music!

## Vinyasa Flow

Gain strength, flexibility, balance, and range of motion in poses synchronized to breath. For all skill levels.

## Yin Yoga

Work deep within your connective tissue to improve joint mobility and relieve stress while holding poses for longer periods.

## Yoga Sculpt

Yoga poses with light weights will sculpt and tone your body, boost metabolism, and increase strength.

## Youth Hip-Hop

Learn the fundamentals of hip-hop through flexibility exercises, isolations, rhythms, choreography, and footwork.

## Zumba®

Move your hips while burning calories and having a blast in this different, fun, and energetic class!

## Zumba Gold®

Just as fun as Zumba® but not as fast! Enjoy the same Latin music and dance steps as you move to the beat.

## Zumba® Kids

A high-energy class packed with specially-choreographed, kid-friendly routines, and music.

## Zumba® Toning

Body-sculpting exercises and high-energy cardio with Latin moves for a calorie-torching, strength-training dance-fitness party.